

## HEO U11 Player Pathway Policy for the 2020-21 Season

### ***Seasonal Structure***

#### Phase One: Preparation / Tryout

1. No teams shall run tryouts from April through August. Team pre-tryout practice/skill sessions begin the Tuesday after Labour Day for all U11 levels.
2. Following Labour Day, players must have a minimum of four (4) practice/skill sessions prior to the start of formal evaluations. These can be four one-hour sessions, or three 1.5 hour sessions, each on a separate day. Players are required to attend one set of these practice/skills sessions.
3. Following the practices / skill sessions, teams must conduct a minimum of three (3) formal tryout / evaluation sessions — one skills session, one small area games session, one game.
4. Teams must select players based on skill. Development research indicates that players most develop when they have opportunities to play all positions (LW, C, RW, RD, LD). Coaches should not limit a player's opportunity to tryout at any given position.

#### Phase Two: Development

5. Following tryouts/evaluations, teams must run a development period consisting of practices. House League teams are required to run five (5) practices in this period and competitive teams eight (8) practices. Tournaments and exhibition games can also be scheduled in the development period.

#### Phase Three: Regular Season

6. In the regular season, House League teams will play up to 20 games in their respective Leagues. Competitive teams will play 20 games in their respective leagues. Both House League and Competitive teams must run a minimum 1:1 ratio of practices to games during the regular season. Tournaments and exhibition games can also be scheduled in the regular season.

#### Phase Four: Playoffs

7. During the playoff phase, House League and Competitive teams will participate in a tournament style playoff structure, with a maximum of eight playoff games. The playoff phase should include one team practice per week.

#### Tournaments

8. House League teams may participate in a maximum of three tournaments during the season. Competitive teams may participate in a maximum of four tournaments. As an alternative to tournaments, teams may play an equivalent number of exhibition games during the season. For the purposes of counting games, tournaments are considered to be four games.

#### Maximum Number of Games Per Season

9. A maximum 45 games per year can be played by a team in any one season. Games include regular season and playoff League, exhibition and tournament games.

#### Seasonal Break(s)

10. March Break shall be considered as a seasonal break (minimum five days without scheduled games or mandatory practice sessions). HEO teams may schedule a 2<sup>nd</sup> seasonal break by identifying it as a blackout period to their League at the beginning of the season.

Seasonal Phase	House League		Competitive	
	<i>Practices</i>	<i>Games</i>	<i>Practices</i>	<i>Games</i>
Pre Tryout	4	—	4	—
Tryout	3	TBD(exhibition)	3	TBD(exhibition)
Development	5	TBD(exhibition)	8	TBD(exhibition)
Regular	1:1 ratio (practices to games)	Up to 20	1:1 ratio (practices to games)	20
Playoffs	1 per week	8	1 per week	8
<b>Total</b>	Variable (District/Association)	Up to 28+	Variable (District/Association)	28
Tournaments Exhibition Games	—	3 x 4 games=12 Or equivalent	—	4 x 4 games=16 Or equivalent
<b>Maximum number of exhibition, tournament, League regular season and playoff games = 45.</b>				

\*Number of practices will depend upon the number of house league regular season games to be played in respect of the 1:1 ratio (house league games to be played will vary by District/League)  
TBD(exhibition)= # of exhibition games played to be determined by teams/Associations.

### ***Game/Team Structure and Approach***

1. Throughout the season, all players must receive fair and as close to equal ice time as possible (no bench shortening or preferential playing time; players to have opportunities to start games, end periods and play end of game, power play and penalty kill).
2. Throughout the season, all players should play both forward and defence in the first half of the season, and then may move to more consistent positions in the second half.
3. Throughout the season, full time goalies are permitted.
4. Throughout the season, goalies must rotate for an equal number of games/playing time (goalies must split game time and have equal opportunities to play the final game in tournaments).
5. Throughout the season, goalies not playing can play out as a skater.

### ***Practice Sessions***

1. Practices should consist of small area games/station based/skill focussed drills. A minimum of 85% of practice sessions must be spent on skills and tactics.
2. Basic defensive zone positions, offsides, icings should be introduced in the development period prior to the start of the regular season.
3. Positional play and rules of the game can be introduced in the development phase prior to the start of the Atom regular season.

HEO U11 Player Pathway Committee.  
December 10, 2019.